

Tuna Apple Salad

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 **can** tuna, packed in water (12 ounces)
- 2 **tablespoons** red onion (minced)
- 1 apple (cored and chopped)
- 1 **cup** celery (chopped)
- 1 **cup** golden raisins
- 5 **tablespoons** Italian dressing, light
- 2 **cups** salad greens
- 2 Pita bread (cut in half)

Directions

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

California Department of Health Services, Discover the Secret to Healthy LivingCalifornia 5-a-Day—For Better Health! Campaign

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	270	
Total Fat	4 g	6%
Protein	25 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	360 mg	15%